

# MAY

## RECIPE

**Fajita-Ranch Chicken Wraps:** Serves 4.

### Ingredients:

- 12 ounces skinless, boneless chicken breast strips for stir-frying
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- Nonstick cooking spray
- 1 small red, yellow, or green sweet pepper, seeded and cut into thin strips
- 2 tablespoons bottled, reduced-calorie ranch salad dressing
- 1/2 cup salsa
- 1/3 cup reduced-fat shredded cheddar cheese

**Directions:** Sprinkle chicken strips with chili powder and garlic powder. Coat a medium nonstick skillet with nonstick spray; heat over medium-high heat. Cook chicken and sweet pepper strips in hot skillet over medium heat for 4 to 6 minutes or until chicken is no longer pink and pepper strips are tender. Drain if necessary. Toss with salad dressing. Divide chicken and pepper mixture between warmed tortillas. Top with fresh salsa and cheese. Roll up; cut in half.

\*To warm tortillas: wrap tortillas tightly in foil. Heat in a 350°F oven about 10 minutes or until heated through.

“ I am not a big fan of vegetables, so my kids don’t eat many at home. I decided to take the advice of the calendar with the whole small steps, big changes idea. I decided to start making changes to my diet and my kids’ diet where I could. We eat more whole grains, chicken, fruit and low-fat dairy. I am slowly adding vegetables like string beans and broccoli to our meals. ”

Lori, Boise

- 2 10-inch whole wheat, tomato, jalapeño, or plain flour tortillas, warmed\*



| SUN          | MON          | TUE           | WED | THU | FRI | SAT |
|--------------|--------------|---------------|-----|-----|-----|-----|
|              |              |               |     |     | 01  | 02  |
|              |              |               |     |     |     |     |
| 03           | 04           | 05            | 06  | 07  | 08  | 09  |
|              |              | Cinco De Mayo |     |     |     |     |
| 10           | 11           | 12            | 13  | 14  | 15  | 16  |
| Mother's Day |              |               |     |     |     |     |
| 17           | 18           | 19            | 20  | 21  | 22  | 23  |
|              |              |               |     |     |     |     |
| 24           | 25           | 26            | 27  | 28  | 29  | 30  |
|              | Memorial Day |               |     |     |     |     |
| 31           |              |               |     |     |     |     |



**Reduced-fat cream cheese is a delicious low-fat addition to sauces, as a spread on whole-wheat toast or celery, or as a substitute for mayonnaise or cheese in a sandwich.**

## Healthy Life Tip

Because it takes a village to raise a child, May is National Teen Pregnancy Prevention month. Parents are the best sex educators for their children. Are you an “ask-able” parent? To find out about upcoming events or to post events happening in your community that promote effective teen pregnancy prevention activities, log on to: [www.idahoteenpregnancy.com](http://www.idahoteenpregnancy.com)



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